

Dear Parent/ Guardian

What to expect when you come to lessons with the changes due to Covid

Before leaving home and on your return

- Swimmers should not attend their lesson if they are feeling unwell or showing signs of Covid-19 (temperature, Cough, difficulty breathing or anosmia (loss of taste or smell)). The same should be applied for those who have experienced sickness or diarrhoea.
- Swimmers should arrive 'swim ready' this means showering at home before leaving for the lesson, arrive at the centre wearing their swimwear beneath their clothing (beach style turn up and swim) in order to reduce time spent in changing areas.
- Wash hands or use sanitiser as frequently as possible. Sanitiser and hand washing facilities are available at centres.
- Bring equipment and aids with you such as goggles, nose clips and even floats and noodles if you have them. Equipment will be available at the centre, but it is important to note that any items that touch the face, nose and eyes cannot be borrowed. Ensure that any equipment that is brought along to the lesson is clearly identifiable as yours.
- Showers will not be available in the communal areas to ensure that swimmers do not spend unnecessary time in the changing areas, but are allowed to towel dry and dress quickly ideally with onesie or towelling robe. Exceptions can be made for those who suffer with any medical conditions.
- Hairdryers and Hand dryers are not in operation at the centres. Paper towels will be provided in place of hand dryers in toilet areas.

Poolside

- Overshoes **MUST** be worn on poolside.
- You should follow directional signage to the pool in which your lesson will take place and will enter no earlier than 5 minutes before the class time. Stay alert and aware of those around you.
- Parents who have children under the age of 8 will be permitted to sit on the poolside on allocated seating. Only 1 parent should attend with their child.
- Parents of children under the age of 8, who will attend with siblings (any age), will be seated in the Café area.
- **Parents with children between the ages of 8 and 10, parents can wait in the café area, if space allows, and can meet their child in the changing rooms, if required to assist with changing. (This is a reviewed change of policy)**
- All other parents will be expected to pick up and drop off children, outside the building, as spectator areas have been closed as per Government guidance. The changing rooms would only be used by those with swimming lessons.
- Lockers are available but bags are permitted to be brought onto poolside by children for the duration of their lesson. It is essential that all personal belongings are taken home as we currently have no provisions for lost property.
- We are working to ensure the pool water is effective against killing the virus. Therefore, the pool water has higher chlorine content than usual, as advised by the Pool Water Safety Advisory Group (PWTAG).

Lessons

- Teachers will deliver from poolside and are not permitted to enter the water with the exception of an emergency.
- Lessons will run for 25 minutes, allowing time for teachers to appropriately escort children to changing areas and alternate their equipment when used, but also to reduce the chance of clustering groups.
- There will be entry and exits points for swimmers on to the poolside as well as into the water.
- Teachers are mindful that many swimmers have not had many/ any opportunities to swim during lockdown and thereafter, so they will take gradual steps to reintroduce techniques into their lessons.
- Teachers may use zone markers for starting and stopping in the pool
- Teachers will adhere to government guidance on social distancing measures.
- Teachers will make suitable adaptations for those with Special Educational Needs.
- Swimming lessons will be lifeguarded.

White Oak Leisure Centre Entry Point

All to enter via the Main Reception and follow directional signage to changing areas:

- Main Pool- enter through Changing Village
- Teaching Pool- Use Teaching Pool changing area and enter poolside

Whiteoak Exit Point

- Main Pool swimmers will be asked to exit the centre via the Fire Exit adjacent to the Disabled toilet in the Changing Village
- Teaching Pool swimmers will be asked to exit via the Fire Exit adjacent to the vending machines as you would ascend the stairs.

We will regularly be reviewing this situation and making changes where and when needed in line with government and Swim England guidance.

We hope all swimmers will continue to enjoy the benefits of learning to swim with Sencio Swim Academy and Swim England. If you have any queries please email us at the email address below and quote the location in which your swimming lessons are based.